

## **Dr Elizabeth Murphy**

### **Trailblazer Fellow 2022-23**

[\(Trailblazer Fellowship – NHS England Workforce, Training and Education \(formerly Health Education England\)](#)

#### **Activity**

During the Trailblazer Fellowship, I have been fortunate to benefit from the national monthly [Trailblazer GP Educational Programme](#), where we have covered topics such as healthcare for the homeless, trauma informed care, medically unexplained symptoms, public health and migrant and refugee health care.

These monthly sessions also give the Trailblazers an opportunity to meet Trailblazers across the country and gain a better understanding of how to work in areas of deprivation and how to overcome barriers to providing care. As part of the educational programme, we have access to fair health learning modules and are signposted to useful websites and resources.

As part of gaining a better understanding of working within an area of deprivation I have had time to have meetings with colleagues within the practice and to gain a better understanding of local services.

This included meeting with

- Social prescriber
- MIND adviser
- GP mentor
- University health and wellbeing team and learning about local services
- Local services:
  - Coventry Refugee and Migrant Centre
  - St Francis Church - registered food hub & social support for local community
  - Coventry Rape and Sexual Abuse Centre
  - RoSA
  - VoiceAbility
  - The Pod
  - Relate
  - Safe Haven

#### **Project**

My project is based on improving access to NHS services for international students at Coventry University, the project will involve a questionnaire for newly registered international students about their knowledge of the NHS and services although not completed I will design a leaflet containing information about different NHS services and where and how to access healthcare locally.

## **CPD**

I have gained valuable knowledge from resources including:

- Coventry Change Grow Live which offers information, advice and guidance for people experiencing problems with drugs or alcohol;
- The King's Fund;
- Citizens Advice;
- Live Well with Pain
- "The 7 habits of highly effective people" by Stephen Covey

## **Summary**

The Trailblazer programme has highlighted many important issues about health inequalities. I have joined the Faculty of Homeless and Inclusion Health and I would like to further develop my interest in homeless health care and work more closely with the homeless community during my GP career.

I have also joined the Primary Care Health Inequalities Community and will continue to attend meetings to keep up to date with the local plan to tackle health inequalities in primary care.

I would also like to further develop my interest in teaching students now I have completed the fellowship to hopefully teach others about the benefits of working in areas of deprivation and the services available to help provide support for our patients and where to access information and resources to make our work more holistic.

## **Reflections**

I would highly recommend the trailblazer programme as I have benefitted from excellent teaching, time for self-directed learning, a better understanding of local services available, time to meet with PCN staff, networking opportunities and has increased my confidence to work in an area of deprivation.

I am working at an excellent GP surgery but would not have had the confidence to join a practice in a deprived area post CCT as I had only had experience working as a GP registrar in more affluent areas during my GP training. Having increased knowledge about the services locally has helped me provide a holistic approach to the healthcare I provide to patients which has given me increased job satisfaction.